

National Seniors

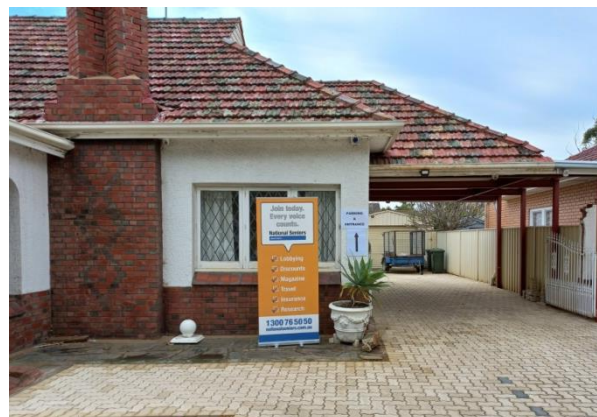
AUSTRALIA

ADELAIDE NORTH-WEST BRANCH

NEWSLETTER

August, 2023

Meeting at 2 pm on the fourth Wednesday of each month at
Lockleys Baptist Church house,
244 Henley Beach Road, Underdale (pictured right)



Entrance & Parking - Drive through carport to rear of building

COMMITTEE

President Brian Mibus (0417 887701)
Vice-President .. Trevor Molde (0417 838740)
Secretary Kathy Hancock (0432 101372)
Treasurer Mavis Smith
Activities Coordinator Annie McCall
Committee Jeanette Molde
Newsletter..... Trish Mibus (0407 605091)

2023 CALENDAR

Our August Meeting

WEDNESDAY, AUGUST 23, 2023, 2 PM

ANNUAL GENERAL MEETING

Guest Speaker - Kathryn
My Home Hospital

Afternoon Tea – Dawn Thomas

WEDNESDAY, SEPTEMBER 13, 2023, 12 NOON

Outing – Lunch – Birkenhead Tavern

WEDNESDAY, SEPTEMBER 27, 2023, 2 PM

Speaker – Bee Man – Robert Beer
Afternoon Tea – Yvonne Waters

WEDNESDAY, OCTOBER 11, 2023, 12 NOON

Outing – Lunch – TAFE Tiros Restaurant

WEDNESDAY, OCTOBER 25, 2023, 2 PM

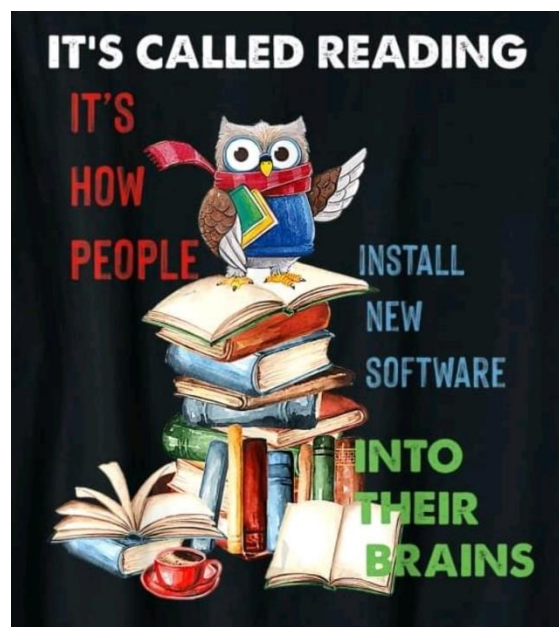
Speaker – People’s Choice – Internet Banking and Scams plus Mataan Dunning - Finances
Afternoon Tea – Annie McCall

WEDNESDAY, NOVEMBER 8, 2023, 10.30 AM

Outing – – Charles Sturt Museum
Lunch – Grange Café

WEDNESDAY, NOVEMBER 22, 2023, 10.30 AM

Botanical Gardens and lunch at café



NOTES FROM OUR JULY GUEST SPEAKERS

CITY OF WEST TORRENS

WASTE AND RESOURCE RECOVERY - NICK TEO

City of West Torrens Waste and Resource Recovery Department is there to support the community.

REDUCE - REUSE - RECYCLE

To do these three things they offer:

- ☑ Zero waste shopping tour – free to show community how to buy from shops with the least waste to be processed.
- Meal planning and the full use of food so not as much being thrown away.
- **Triangles with numbers 1-3** are definitely to go in **YELLOW** bin; **numbers 4-5** if you can scrunch the item it goes in the **RED** bin; **if hard** then **YELLOW** bin.
- Metal lids – put the lids in a can so they are not loose.
 - o Aluminium is pushed out of the recycling so needs to be bigger than 50 cents.
 - o It should be screwed into a tennis ball size, not small pieces separately.
 - o Foil should have minimal food on it.
- **Pizza boxes** can go in the **GREEN** bin – the oil or food helps the composting process.
- **All soft plastics** are to go into the **RED** bin but hope to have a recycling process soon.

- Australia is investing in plastic recycling in Victoria.
- Electricals and mobile phones should go to an electrical recycle centre. The council has a partnership with Minda Work Assistance Program where they take electrical items apart to recover the different parts within.
- **BATTERIES SHOULD NOT BE PUT IN YOUR RUBBISH BINS AS CAN THEY START FIRES IN RUBBISH TRUCKS.** Put them in the bins provided at the supermarket.

The EPA and Green Industry in SA are working on new legislation for the Single Use Waste Avoidance Act for things such as cutlery, straws, cups, plates.

When recycling, you don't need to take the plastic labels off bottles as this is done in the cleaning process.

Cardboard can go in the **GREEN** bin.

Buy cucumbers without the plastic wrapping from the local greengrocer.

Council has a grant to advertise to ask parents to go back to cloth nappies rather than non-reusable ones as they take a long time to break down.

Council is happy to help older persons put hard waste out on the verge for a hard waste pick up.

CITY OF WEST TORRENS

AGEING WELL TEAM & COMMUNITY CONNECTIONS - DENISE MENZIES

Denise and Deborah work on Wellbeing, Lifestyle and Bus trips for the community

Ageing Well is for Over 50,s offering social and physical opportunities to live well.

- Connecting people, belonging
- Physical activities, brain activities, eating well, faith, purpose, tribe
- Loneliness and isolation
- Exercise – decrease stress, increase energy
- Pets offer lower blood pressure and stress

Plympton Community Centre – have an electrics recycling bin, fortnightly community lunch, coffees, fitball drumming, exercise – movers & shakers, eightball.

Western Youth offers snooker

Thebarton Aquatic centre offers swimming

The Council Bus trips being co-ordinated – shopping days, health, Yoga spirit – must book online or ring

- Council is partnering with local businesses
- Elder Hall lunch concerts
- Bridgewater
- Monarto Zoo
- Gardens in the City
- Christmas shopping
- Plan one off visits to local restaurants

Working with Resthaven to assist Commonwealth Home Support Program for community – need a referral and information on where to go – contact Denise

Running workshops on Advanced Care Directives with Charles Sturt and Enfield Councils in August, November and April.

Ran an intergeneration program where older people met with children at local school for 1½ hours per week. – see the video on the website. More volunteers needed for 2024

General Community Connections – Bus and social outings, new resource collections

- Orange Tree Quilters, knitting and walking groups for 18+ No cost just an emergency contact form.

Wellness Focus program – vulnerability list, domestic violence, fitness and wellbeing, Diabetes and Cancer, North West group, Adult Learner – all come and try

Arts, place activation. SALA 3/7/23, slide shows at the library, stobie pole decoration by students, 9 little galleries, bright pink roofs.

Access and inclusion Plan – Australia Disability strategy – disabled programs

Playground Board, Disability and Advisory Group, Preliminary for Day of Disabled in September, are all areas the Council is working with.

Watch the website

<https://www.westtorrens.sa.gov.au/Home> and search for the Ageing Well Team or ring 8416 6346 Ageing Well Officer.



NEW RULES TO LIVE BY

Through our rich conversations and insight collection points, we learnt that the new rulebook for ageing must include rules that can be lived by on a personal level, rules that need to be adopted at a community level and rules required to change at a systemic level.

- **Personal Rules**

- Make the most of each day
- Learn new things
- Eat healthy food
- Remain physically active
- Be the change you want to see

- **Community Rules**

- Be respectful, kind and inclusive
- Seek connection across generations
- Challenge ageist attitudes whenever they arise
- Challenge the stereotypes like relevant, time to grow, employable, wise, knowledgeable

- **Systemic Rules**

- Make people aged 50+ visible in mainstream media
- Use positive language and images about growing older in the media
- Make sure age has a voice, co-designing policy and services with older people
- Recognise and address the challenges that older people are experiencing, including affordable housing and healthcare
- Maintain face to face services
- Embed intergenerational communication and understanding

